

## **Week 1 Protocol for Acute Knee Sprain/Strain:**

**By Dr. Joshua Jagoda**

### **What to do daily?**

- ★ Ice as needed (Typically first 1-3 days)
- ★ Increase Collagen intake
- ★ Increase Branched Chain Amino Acids & Protein Intake
- ★ Take Multivitamin
- ★ Walk slower to avoid compensation of mechanics and strain of current injury
- ★ Increase sleep to facilitate healing
- ★ Move daily. Don't forget to add movement to other areas of body as well
- ★ Eat more fruits/veggies per day
- ★ Avoid Triggering Pain/Activity
- ★ Avoid stretching and/or torquing the knee

### **Day1: Day of injury (Tuesday)**

- Ice
- Acupuncture
- Infrared Sauna 20-30min
- Laser Treatment
- Tape as needed
- 10 Minutes of pull-up exercises (Good day to get in *upper body* before soreness sets in)

### **Day 2: Wednesday**

- Controlled knee extensions (1-3 sets of 10 reps. Do this 2-3 x per day)
- Keep muscles surrounding loose via Graston/Active Release Therapy. Anti-inflammatory technique to the affected area.
- Laser Treatment

### **Day 3: Thursday**

- Knee Extensions
- Inversion & Eversion Isometric Contractions @ 15-25% (3 sets, 5 reps, 5 second hold, 2x per day.
- Gentle Walking Day (I ended up with 15k steps for the day)

### **Day 4: Friday**

- Knee Extensions
- Laser Treatment
- Inversion & Eversion Isometric Contractions @ 15-25% (3 sets, 5 reps, 5 second hold, 2x per day.
- Loosen muscles surrounding area
- Isometric Glut Bridges - 5 sets 5 reps - Hold for 20 seconds (depends on your strength)
- Gentle bike ride on mild resistance for 15-30min.
- Chest Workout

**Day 5: Saturday**

- Knee Extensions
- Inversion & Eversion Isometric Contractions @ 15-25% (3 sets, 5 reps, 5 second hold, 2x per day.
- Infrared Sauna
- Assault bike upper body interval conditioning only. You can do this any day between day 5-10). Recommended between 5-7 days out.

**Day 6: Sunday**

- Knee Extensions
- Inversion & Eversion Isometric Contractions @ 15-25% (3 sets, 5 reps, 5 second hold, 2x per day.
- Gentle Walking Day
- Lemniscat - 4 sets 10 seconds @ 25%

**Day 7: Monday**

- Knee Extensions
  - Inversion & Eversion Isometric Contractions @ 15-25% (3 sets, 5 reps, 5 second hold, 2x per day.
  - Loosen muscles surrounding area
  - Laser
  - Mild Bike Ride 15-30min
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